

Abstract

Title: Compensatory exercises for military ski touring

Objectives: Create a collection of exercises which is supposed to serve as a guide for compensating muscles imbalances among the Army of the Czech Republic members in the course of military ski touring.

Methods: The bachelor thesis corresponds with an analytically-empirically based study of observational type. There were used the design and demonstration methods and methods of descriptive and analytical statistics in the theoretical part.

Results: Due to the analysis of the literature review were determined muscles groups which are overloaded during military ski touring. A collection of compensatory exercises with exact methodical descriptions was created.

Keywords: compensatory exercise, health exercise, muscle imbalance, military ski touring.